



Summer Edition (July-September) - 2011

HEALTHIER | Richmond

Richmond City Health District Newsletter

WORKING TOGETHER FOR A HEALTHIER RICHMOND

We're easier to find on the internet: Visit us at RCHD.com

STI Counselors reach out to combat the spread of sexually transmitted infection in our community



Seated left to right: RCHD STI Counselors Zakia McKensley and Akemi Alvarez presented information about STI prevention at the the City of Richmond Hillside Court community health fair which kicked off summer activities for Hillside residents.

The Richmond Health District Sexually Transmitted Infection Program is serious about communicating the importance of taking precautions to prevent sexually transmitted infection and the need to "GET YOURSELF TESTED". They've been in the community conducting health education and offering testing for HIV and syphilis at several events.

New cases of sexually transmitted infections (STI) are more than twice the state average in Richmond, and many people who contract a STI are often unaware that they and their partner are infected. If left untreated, these infections can cause serious damage to a person's health. Routine chlamydia testing is advised for teens and women who are sexually active. Routine HIV testing is advised for men and women who engage in risky behaviors. RCHD is currently conducting a syphilis awareness campaign with radio and television ads that promote getting tested. The Richmond Health District urges physicians to be alert to symptoms of syphilis which can mimic other illnesses and go undetected.

Richmonders can get testing information by calling the Richmond Health District STI clinic (400 E. Cary St.) at 482-5500. Testing is available Mondays, Wednesdays, and Fridays with registration at 7:30 - 11:30 AM and 12:30 - 3:00 PM. For information about other STI testing locations, call the **VDH HIV/STD/Viral Hepatitis Hotline** at 1-800-533-4148

Richmond Family & Fatherhood Training Institute Empowerment for Men:



Richmond Family & Fatherhood Initiative



The Richmond Family & Fatherhood Initiative Training Institute is a series of modules designed to provide local churches and community leaders with training to equip them with knowledge, skills, and resources to facilitate outreach programs addressing manhood, fatherhood, healthy relationships and re-entry. An overview on healing the "father-wound" is a major component of the training. For information, call 804-205-3717 or email: brian.gullins@vdh.virginia.gov

VISIT OUR WEBSITE: www.richmondfatherhood.org


Ready America
Prepare, Plan, Stay Informed.

Be Prepared for Emergencies

National Preparedness Month (NPM) is held each September and is designed to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses, and communities. NPM is sponsored by the Ready Campaign in partnership with Citizen Corps. The slogan this year is: "A Time to Remember; A Time to Prepare". The goal is to turn awareness into action by encouraging all Americans to take the necessary steps to ensure that their homes, work, and community are prepared for disasters and emergencies. RCHD and our Medical Reserve Corps will be participating in a number of community events during Preparedness Month. We encourage you to learn more about being prepared to protect and care for yourself, your family, and your community.

Visit www.ready.gov and www.listo.gov or call 1-800-BEREADY and 1-888-SE-LISTO.

WHAT SHOULD YOU DO?

(visit www.ready.gov & www.listo.gov)

Have an Emergency Kit: An emergency supply kit is essential for making it through a disaster.

Make a Plan: Plan ahead and consider the needs of your family in an emergency. Everyone should know the plan.

Be informed/Be prepared: You can't help others until you've helped yourself. Knowing what to do before disaster strikes is key. If you want to be prepared to help others, consider joining the Medical Reserve Corps, a volunteer branch of public health. Visit www.vamrc.org.

www.vdh.virginia.gov

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Healthier Richmond newsletter is produced by the Richmond City Health District. Comments may be directed to 205-3735. Newsletter editor: George Jones

Summer food safety & Barbecue basics



Summer grilling includes risk of bacteria, which multiply in food faster in warm weather and can cause food poisoning. Following a few simple guidelines can prevent a foodborne illness.

Wash your hands: wash hands with soap and water for at least 20 seconds before & after handling food. If there's no soap and water, use disposable wipes and hand sanitizer.

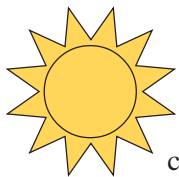
Keep raw food separate: Keep raw meat, poultry, and seafood in separate coolers or securely wrapped at the bottom of the cooler so their juices won't contaminate other food items. Wash plates and utensils previously touching raw meats before using them for anything else.

Cook food thoroughly: Use a food thermometer to make sure food is cooked thoroughly to destroy harmful bacteria.

Keep hot food hot and cold food cold: Keep hot foods at 140 degrees-F or above until served. Keep cooked meats hot by setting them to the side of the grill, or wrap well and place in an insulated container.

- Keep cold food at 40 degrees-F or below until served. Keep cold perishable food in a cooler until serving time. Keep coolers out of direct sun and avoid opening the lid often.
- Don't let hot or cold perishables sit out longer than two hours, or one hour if outdoor temperature is above 90 degrees-F. When reheating fully cooked meats, grill to 165 degrees-F, or until steaming hot.

Visit www.foodsafety.gov for more information



Beat the summer heat

Summer temperatures in Virginia can climb to over 100 degrees sometimes. Along with high humidity, the heat can be harmful and cause heat related illness such as heat exhaustion and heat stroke. When a person's body is unable to cool itself down quickly enough through perspiration, damage to the brain or other vital organs can result from very high body temperatures. Take precautions to avoid heat injury; limit exercise and strenuous activity when it's really hot. Take breaks, get into the shade or cool off inside air-conditioned spaces. Stay hydrated; drink cool water and fluids to replace excess perspiration. Avoid caffeinated and alcoholic beverages.

Summer sun rays can also present a health threat. Over-exposure to UV rays can cause melanoma, the most dangerous type of skin cancer. While you enjoy the outdoors, remember to use sunscreen, seek shade, and wear sunglasses, a hat, and sun-protective clothing. Use a sunscreen with a SPF of 15 or higher.

For more info, visit: www.cdc.gov/Features/ExtremeHeat

Back to school shots include Tdap booster for sixth graders:

Each year, part of the back to school ritual includes making sure children are up to date on their vaccinations. Parents are also reminded that all students entering the sixth grade are required by law to have a Tetanus, Diphtheria and Pertussis (Tdap) booster. Students will not be allowed to attend school if adequate vaccination documentation is not on file. Children are also due for several booster shots between ages 4 and 6, and prior to entering kindergarten. School-required vaccinations can be obtained by appointment on Tuesdays and Fridays at the Richmond City Health District clinic. **Call 482-5500.**

Take precautions to prevent Lyme Disease (Lyme disease is a tick-borne illness):

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected ticks. Anyone can get Lyme disease, particularly people who spend a lot of time outdoors- especially wooded areas. Within days or weeks following an infectious tick bite, most persons develop a red rash (called bulls-eye rash) around the bite. It is usually accompanied by tiredness, fever, headache, stiff neck, muscle aches and joint pains. If left untreated or improperly treated, infection can spread to joints, the heart, and the nervous system.



Tips to reduce risk of infection by ticks:

- Avoid wooded and bushy areas with high grass and leaf litter
- Properly apply insect repellent containing DEET; follow product directions
- Bathe & conduct a full-body check for ticks after leaving tick infested areas
- Examine gear and pets; ticks can ride into the home and attach to you later

for information, visit www.cdc.gov/lyme/

RCHD Speakers Bureau has something to say

The Richmond City Health District Speakers Bureau is pleased to announce the availability of our speakers to present information about public health and our mission of promoting healthy living, protecting the environment, preventing disease and preparing the community for disaster. Presentation topics include health education and wellness information on *environmental health, immunization, emergency preparedness, disease prevention, obesity, fitness and living a healthy lifestyle*. We also talk about social health issues that impact you and our community such as: *teen pregnancy, infant mortality, sexually transmitted disease, family stability & fatherhood*. If you want to know more, call 205-3735 or send an email to george.jones@vdh.virginia.gov.